



HealthGuard 865

This premier sit-down health kiosk accurately measures Blood Pressure, Heart Rate, Body Fat and Weight. It features a touch-screen computer for the user to input information and view results. The kiosk's floor is a precision scale thereby eliminating the body contortions required for accurate measurement using a scale built into a seat. The kiosk also allows adding other important non-invasive health measurements pending FDA approval.



The **blood pressure measurement** fully satisfies specifications ANSI/MMI SP-10:2002 and incorporates a unique cuff that wraps around the arm similar to how a doctor measures blood pressure. This has advantages over the rigid tube approach that limits maximum arm size to what would fit in the tube. Moreover, for small diameter arms, the HealthGuard method does not require the bladder to hyper-inflate thereby causing a loss of sensitivity in the measurement.

The **body fat measurement** uses harmless near-infrared light to make a measurement. This approach, unlike the use of Bioelectrical Impedance Approach, does not suffer a loss in accuracy due to changes in body hydration or electrolyte levels. For example, the Futrex approach allows accurate percent fat measurements before, during or after exercising.

The **weight measurement** is accurate to 0.1 pounds. All HealthGuard models provide meaningful comparisons of the measurement results to the NIH established norms thereby alerting the client to understand possible health implications.

Another major feature of all HealthGuard kiosks is that it subdivides the weight of body fat into three categories:

- The weight of *ESSENTIAL Body Fat*. Essential Fat is the minimum amount of body fat required for the body to ward off diseases and protect its internal organs from bruising.
- The weight of *RESERVE Body Fat*. Reserve Fat is additional body fat, above the Essential Fat, where the body stores energy. Having Reserve Fat has no negative impact on a person's health.
- The weight of *EXCESS Body Fat*. Excess Fat is additional body fat over and above the combination of Essential and Reserve body fat. Excess body fat is unhealthy and can lead to heart attacks, strokes, diabetes and certain types of cancer.